

## Tips for Beginning Runners

### **What do I wear?**

- **Running shoes:** choose comfortable shoes designed for running that are not worn out.
  - Break in your shoes by walking around in them a few times before running in them for the first time.
- **Clothing:** choose lightweight, moisture-absorbing fabrics made for athletics (not cotton).
  - If training outside in the cool weather, dress in layers (for example, short-sleeve shirt, long-sleeve shirt, jacket; shorts, pants, long socks), and select a top layer with wind and water resistance if possible. Protect your hands, ears, and face by wearing gloves, a hat or ear-band, and a scarf or muff over your mouth to help warm the air that you breathe in.

### **Where do I run?**

- Especially since the training program is going to take place during the winter months, you may choose to do all your training sessions indoors at Domino's Farms. If you prefer to train somewhere else, talk to an exercise physiologist for guidance.
- **Avoid falls!** If the ground is icy, snowy, slippery, or uneven, it is a good idea to move your workout indoors.

### **What do I eat and drink?**

- Continue to maintain healthy dietary habits and stay well hydrated with plenty of water.
- To avoid digestive discomfort, it is best to wait at least 2 hours after a big meal before running. Many people also find that it is helpful not to eat dairy products right before running.
- If you need a snack before you train, choose something small that can be digested easily. Some examples might be a granola bar, or fruit with peanut butter.
- If you are not going to eat a meal soon after training, try to eat a small snack within 30-45 minutes of finishing your workout.

### **What else can I do to get the most out of my training?**

- Get plenty of sleep!
- Keep up your flexibility and strength with regular stretching and strength training (if this is something you already do). Talk to an exercise physiologist for more information.
- Keep track of your progress in your training log – you will be able to look back and see how much you improve over the course of the program!